

UTAH DEPARTMENT OF HEALTH  
COMMUNITY & FAMILY HEALTH SERVICES DIVISION  
WIC PROGRAM  
HEALTH DATA REFERRAL FORM



Date \_\_\_\_\_

Local Agency \_\_\_\_\_

Patient's Name \_\_\_\_\_

Birthdate \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Date Data Obtained \_\_\_\_\_

\*Hct/Hgb \_\_\_\_\_

\*Weight \_\_\_\_\_ Percentile

\*Height \_\_\_\_\_ Percentile

\*OFC \_\_\_\_\_ Percentile

Birth weight \_\_\_\_\_ Birth length \_\_\_\_\_ Weeks Gestation \_\_\_\_\_

Medical Concerns \_\_\_\_\_

\*Please include this information as well as other pertinent medical history information, if available.

**Referred By:**

**Signature** of Health Care Provider \_\_\_\_\_

(A written or stamped signature is acceptable according to medical and/or local public health policy.)

**Printed Name** of Health Care Provider \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**MEDICAL DATA IS VALID FOR 60 DAYS**

**American Academy of Pediatrics  
2005 Policy Statement  
Breastfeeding and the Use of Human Milk**

According to the American Academy of Pediatrics, exclusive breastfeeding is sufficient to support optimal growth and development for approximately the first 6 months of life and provides continuing protection against diarrhea and respiratory tract infection. Breastfeeding should be continued for at least the first year of life and beyond for as long as mutually desired by mother and child. **Physicians can play a critical role in ensuring that mothers and partners receive appropriate breastfeeding education and support before and after delivery of the infant.**

Breastfeeding is associated with the following maternal health benefits:

- Decreased postpartum bleeding
- Earlier return to prepregnancy weight
- Increased child spacing
- Less risk of breast and ovarian cancer

**Recommendations on Breastfeeding for Healthy Term Infants**

- ✓ Healthy infants should be placed and remain in direct skin-to-skin contact with their mothers immediately after delivery until the first feeding is accomplished.
- ✓ Supplements (water, glucose water, formula and other fluids) should not be given to breastfeeding newborn infants unless ordered by a physician when a medical indication exists.
- ✓ Pacifier use is best avoided during the initiation of breastfeeding and used only after breastfeeding is well established.
- ✓ During the early weeks of breastfeeding, mothers should be encouraged to have 8-12 feedings at the breast every 24 hours, offering the breast whenever the infant shows early signs of hunger such as increased alertness, physical activity, mouthing or rooting.
- ✓ Formal evaluation of breastfeeding, including observation of position, latch and milk transfer, should be undertaken by trained caregivers at least twice daily and fully documented in the record during each day in the hospital after birth.
- ✓ All breastfeeding newborn infants should be seen by a pediatrician or other knowledgeable and experienced health care professional at 3 to 5 days of age as recommended by the AAP.
- ✓ Breastfeeding infants should have a second ambulatory visit at 2 to 3 weeks of age so that the health care professional can monitor weight gain and provide additional support and encouragement to the mother during this critical period.
- ✓ Mother and infant should sleep in proximity to each other to facilitate breastfeeding.

**By promoting, supporting and protecting breastfeeding, health care providers can assist women and children in the initiation and maintenance of breastfeeding. Higher breastfeeding rates will translate to health, nutritional, immunologic, developmental, psychologic, social, economic, and environmental benefits. It is essential for health care providers and WIC health professionals to work together to help caregivers make informed decisions about the most appropriate nutrition for their child.**